



## Three Generations and PEDIGREE In-Person Visit Checklist

### In-Person Visit Checklist:

There are several things we ask you to do to prepare for the visit. Below is a checklist to refer to before the visit begins.

- Wear comfortable, loose fitting clothing
- Do not eat, brush your teeth, use mouthwash or drink anything other than water for one hour before the visit so we can collect the saliva sample correctly.
- Please also do not smoke or have caffeine for one hour before the visit to ensure an accurate blood pressure measurement.
- You can take any regular medications before the visit. Please gather any prescription medicine you are taking so that the phlebotomist may record some information from the bottles.
- Please review the PEDIGREE forms on our website. There are three PEDIGREE forms: 3Gs/PEDIGREE Consent Form, Consent to Authorize Use of Medical Information Form, and the Mammogram Release Authorization Form. The examiner will bring copies for you to sign. You may keep a copy for your records.
- Please sign the Consent to Authorize Use of Medical Information Form and the Mammogram Release Authorization Form and hand them to the phlebotomist with the consent form that you signed at the beginning of the visit.